

# Fact Sheet:

## Youth Risk Behavior Trends

### From Lancaster County Youth Risk Behavior Surveys 1991, 1993, 1995, 1997, and 1999

#### Risk Behaviors That Improved, 1991-1999

Indicators for which there was a Significant Difference ( $P < .05$ ) between 1991 and 1999, as well as a consistent change across the period.

Sexual Activity	1991	1993	1995	1997	1999
Ever had sexual intercourse	51.6	44.9	44.2	46.5	36.2
Greater than one sexual partner <sup>1</sup>	34.6	27.2	27.0	24.8	19.2
Currently sexually active <sup>2</sup>	34.8	30.5	29.7	29.0	23.3
<b>Violence</b>					
Carried a weapon <sup>3</sup>	23.2	19.2	18.5	21.0	14.6
Carried a gun <sup>3</sup>	NA	8.0	8.8	8.3	5.1
Carried a weapon on school property <sup>3</sup>	NA	11.0	9.3	9.5	6.0
Absent from school due to feeling unsafe while going to, at, or leaving school <sup>3</sup>	NA	4.6	3.0	3.9	1.5
Threatened or injured with a weapon on school property <sup>4</sup>	NA	10.1	8.1	7.1	6.2
Involved in physical fight <sup>4</sup>	39.9	33.6	30.5	32.7	29.7
<b>Tobacco</b>					
Ever tried smoking <sup>5</sup>	72.8	65.4	66.4	66.7	61.9
Frequent cigarette use <sup>6</sup>	18.3	12.9	14.3	13.5	10.7
Smoked on school property <sup>3</sup>	NA	17.9	18.1	20.1	13.7
Have ever been a regular smoker <sup>7</sup>	36.2	31.4	NA	NA	23.7
Current chew/snuff use <sup>3</sup>	12.1	11.5	10.9	12.0	7.7
Chew/Snuff use on school property <sup>3</sup>	NA	7.3	7.2	5.9	3.5
<b>Alcohol</b>					
First consumed at 12 or younger <sup>8</sup>	32.9	30.2	31.9	25.8	26.0
Alcohol use on school property <sup>3</sup>	NA	6.4	5.4	3.8	3.6
<b>Illegal Drugs</b>					
Ever used inhalants <sup>9</sup>	NA	NA	15.8	15.4	10.9
Ever used a needle to inject illegal drugs	6.5	6.4	2.4	2.9	1.3

Suicide					
Seriously considered suicide <sup>4</sup>	29.3	26.7	22.5	25.4	18.3
Planned how to attempt suicide <sup>4</sup>	21.2	20.8	17.4	14.9	14.8
Attempted suicide <sup>4</sup>	11.1	8.6	8.1	7.2	8.1
Helmet/Seatbelt Use					
Always wear a seatbelt <sup>10</sup>	16.7	33.5	34.5	39.0	36.4
Physical Activity					
Moderate physical activity <sup>11</sup>	NA	19.3	18.1	15.9	28.1
Exercised to strengthen or tone muscles <sup>12</sup>	48.6	57.0	54.7	53.3	58.4
Currently active on sports team <sup>13</sup>	55.2	64.5	65.9	64.5	63.7
Body Weight					
Exercised to lose or maintain weight <sup>3</sup>	NA	NA	52.5	55.6	60.4
Dieted to lose or maintain weight <sup>3</sup>	NA	NA	28.3	29.4	41.8

1 During the individuals lifetime.

2 Engaged in sexual intercourse during the past three months.

3 Engaged in the behavior during the 30 days preceding the survey.

4 Engaged in the behavior during the 12 months preceding the survey.

5 Smoking  $\geq$  one puff off of a cigarette.

6 Engaged in the behavior on all 30 of the days preceding the survey.

7 Ever smoked cigarettes for 30 straight days, at any point during the individuals lifetime.

8 Includes alcohol consumption of greater than a few sips.

9 Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high during their lifetime.

10 When riding in a car driven by someone else.

11 Thirty or more minutes of exercise that does not cause one to sweat or breath hard, on five or more of the seven days preceding the survey.

12 On three or more of the seven days preceding the survey.

13 Participated on a sports team (including any teams run by your school or community groups) during the 12 months preceding the survey.

## Risk Behaviors That Worsened, 1991-1999

Indicators for which there was a Significant Difference ( $P < .05$ ) between 1991 and 1999, as well as a consistent change across the period.

Illegal Drugs	1991	1993	1995	1997	1999
Drugs on school property <sup>1</sup>	NA	16.9	28.5	26.9	24.6

1 Students reporting that they were offered, sold, or given illegal drugs on school property, during the 12 months preceding the survey.

## Risk Behaviors That Did Not Change or Demonstrated Inconsistent Patterns of Change, 1991-1999

Sexual Activity	1991	1993	1995	1997	1999
Alcohol or drug use prior to last sexual encounter <sup>1</sup>	26.9	24.0	26.9	26.8	28.9
First had sex at 12 or younger <sup>1</sup>	15.7	16.0	15.8	11.5	13.0
Used a condom at last sexual intercourse <sup>1</sup>	54.9	66.5	61.6	59.3	62.3

<b>Violence</b>					
Involved in physical fight that required medical treatment <sup>2</sup>	4.3	4.7	4.2	2.5	3.2
Involved in physical fight on school property <sup>2</sup>	NA	12.4	14.9	12.7	13.1
<b>Tobacco</b>					
Current cigarette use <sup>3</sup>	39.6	32.5	38.8	40.7	34.6
Frequent chew/snuff use <sup>4</sup>	NA	NA	1.7	1.1	1.4
Ever tried to quit smoking <sup>5</sup>	56.3	54.0	59.7	56.4	60.1
<b>Alcohol</b>					
Ever drank alcohol <sup>6</sup>	77.9	78.1	77.7	80.4	79.8
Current alcohol consumption <sup>3</sup>	51.3	50.0	53.9	50.7	47.7
Episodic heavy drinking <sup>7</sup>	35.2	31.2	37.0	35.7	32.6
Rode with drinking driver <sup>3</sup>	40.6	36.8	42.3	37.8	37.1
Drove when drinking <sup>3</sup>	20.1	18.4	22.7	20.9	19.8
<b>Illegal Drugs</b>					
Ever used marijuana	34.2	26.1	36.5	41.0	36.3
Current marijuana use <sup>3</sup>	17.3	14.1	22.5	24.6	18.3
Marijuana use on school property <sup>3</sup>	NA	4.3	7.9	5.6	4.5
Ever used cocaine <sup>8</sup>	5.8	4.5	4.7	9.4	5.6
Current cocaine use <sup>9</sup>	1.3	2.1	2.1	3.6	1.7
Ever used steroids <sup>10</sup>	3.2	3.2	3.3	2.4	2.0
<b>Suicide</b>					
Needed medical attention due to suicide attempt <sup>11</sup>	2.6	2.6	3.8	2.5	1.6
<b>Helmet/Seatbelt Use</b>					
Never or rarely wore a motorcycle helmet <sup>12</sup>	39.3	40.8	38.9	42.0	35.9
Never or rarely wore a bicycle helmet <sup>13</sup>	98.1	95.0	94.5	92.1	90.8
<b>Physical Activity</b>					
Vigorous physical activity <sup>14</sup>	67.9	69.0	68.4	63.5	67.6
Currently enrolled in PE class <sup>15</sup>	42.3	41.8	40.2	34.6	41.1
Attend PE class daily <sup>16</sup>	34.2	35.7	34.6	27.8	36.8

Exercise more than 20 minutes in PE class <sup>17</sup>	81.1	86.9	81.9	86.8	83.3
<b>Body Weight</b>					
Overweight <sup>18</sup>	33.9	33.7	27.8	29.6	33.1
Currently trying to lose weight	41.8	41.9	41.3	41.2	45.6
Current diet supplement use <sup>19</sup>	NA	NA	5.8	6.5	5.7
Currently vomiting or using laxatives for weight loss <sup>3</sup>	NA	NA	4.4	5.1	3.9

- 1 Out of those students who reported they have ever had sexual intercourse during their lifetime.
- 2 Engaged in the behavior during the 12 months preceding the survey.
- 3 Engaged in the behavior during the 30 days preceding the survey.
- 4 Engaged in the behavior on all 30 of the days preceding the survey.
- 5 Out of those students who reported smoking during the 30 days preceding the survey.
- 6 Greater than or equal to one drink of alcohol.
- 7 Had five or more drinks of alcohol in a row, that is, within a couple of hours, during the 30 days preceding the survey.
- 8 Used any form of cocaine, including powder, crack, or freebase during their lifetime.
- 9 Used any form of cocaine, including powder, crack, or freebase during the 30 days preceding the survey.
- 10 Took steroid pills or shots without a doctor's prescription during their lifetime.
- 11 Attempted suicide during the 12 months preceding the survey which resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.
- 12 Out of those students that reported riding a motorcycle during the 12 months preceding the survey.
- 13 Out of those students that reported riding a bicycle during the 12 months preceding the survey.
- 14 Twenty or more minutes of exercise that causes one to sweat or breath hard, on three or more of the days preceding the survey.
- 15 Students reporting that during an average week, they went to physical education class one or more days.
- 16 Students reporting that during an average week, they went to physical education class on all five school days.
- 17 Out of those students who reported that they are currently enrolled in physical education class.
- 18 Students who reported describing their weight as slightly or very overweight.
- 19 Took diet pills, powders, or liquids without a doctor's advice to lose weight (not including meal replacement products such as Slim Fast) during the 30 days preceding the survey.